

HIKING & BIKING



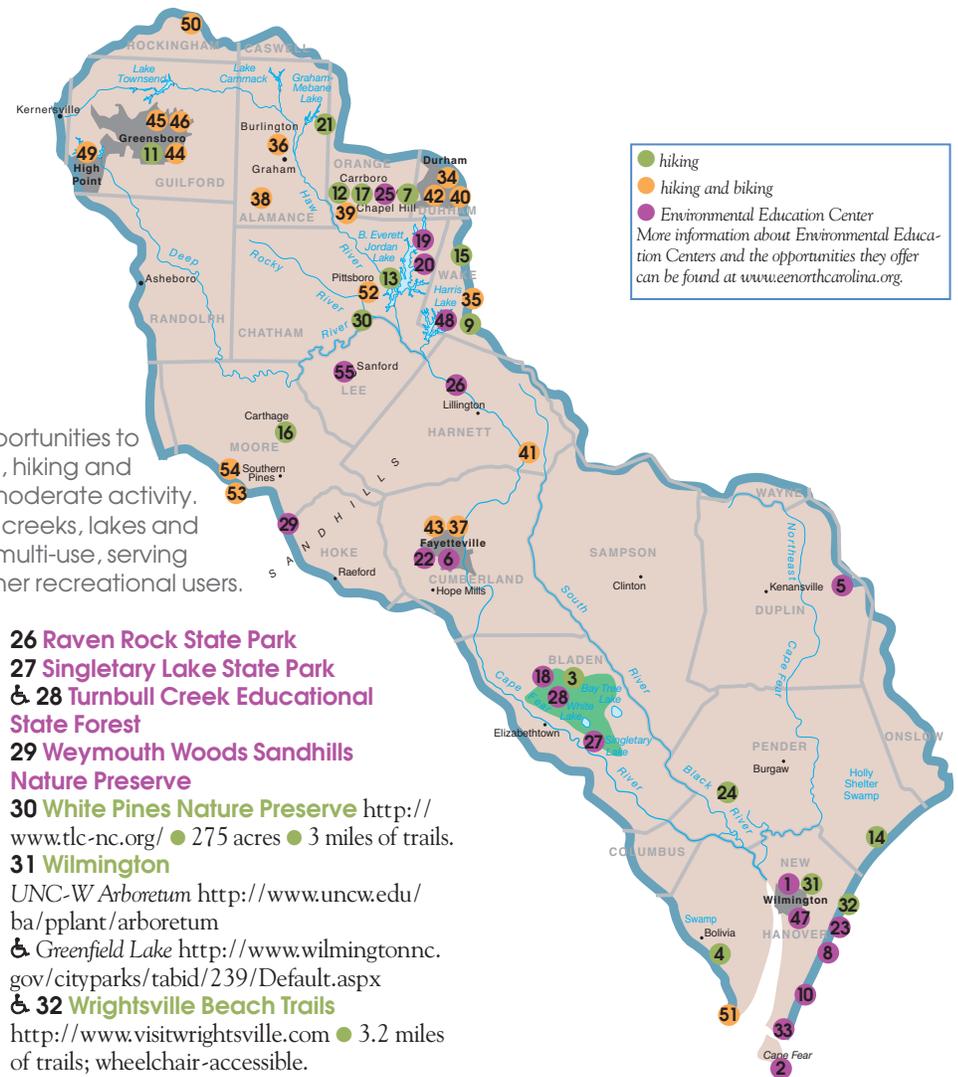
in the Cape Fear River Basin

The Cape Fear River Basin offers many opportunities to enjoy and explore nature through walking, hiking and biking. This list includes places for easy to moderate activity. Many sites include views of streams, rivers, creeks, lakes and wetlands. Remember that some trails are multi-use, serving pedestrians, bicyclists, equestrians and other recreational users.

● HIKING ●

- 1 Airlie Gardens**
- 2 Bald Head Woods Coastal Reserve**
- 3 Bladen Lakes State Forest** <http://www.dfr.state.nc.us> ● 33,017 acres ● 150 miles of multi-use roads.
- 4 Boiling Springs Lakes Nature Preserve** <http://www.nature.org> ● 6,157 acres ● 2-mile nature trail.
- 5 Cabin Lake County Park**
- 6 Cape Fear Botanical Garden**
- 7 Cane Creek Reservoir** <http://www.owasa.org/pages/facilities.asp> ● Nature trail below dam.
- 8 Carolina Beach State Park**
- 9 Carroll Howard Johnson Environmental Education Park** <http://www.fuquay-varina.org/parks/> ● 28 acres ● 2 miles of interpretive nature trails.
- 10 Fort Fisher State Recreation Area**
- 11 Greensboro Public Gardens** <http://www.greensborobeautiful.org> ● 2.5 miles of trails; wheelchair-accessible.
- 12 Hank Anderson Community Park** <http://www.townofcarrboro.org/rp/parks.htm> ● 55 acres ● .4-mile trail.
- 13 Haw Slopes State Natural Area** <http://www.tlc-nc.org> ● 1,022 acres
- 14 Holly Shelter Game Land** <http://www.nature.org> ● 50,120 acres
- 15 Hope Valley Experimental Forest** <http://www.cnr.ncsu.edu/for> ● 45 acres
- 16 James Goodwin Forest** <http://www.cnr.ncsu.edu/for> ● 1,169 acres
- 17 Johnston Mill Nature Preserve** <http://www.tlc-nc.org> ● 296 acres ● .5 miles of trails.
- 18 Jones Lake State Park**
- 19 Jordan Lake Educational State Forest**
- 20 Jordan Lake State Recreation Area**
- 21 Lake Michael Park** <http://www.cityofmebane.com/newsite/> ● 200 acres ● 1.5 miles of nature trails.
- 22 Lake Rim Park**
- 23 Masonboro Island Coastal Reserve**
- 24 Moores Creek National Battlefield** <http://www.nps.gov/mocr/> ● 1 mile of walking trails; wheelchair-accessible.
- 25 North Carolina Botanical Garden**

♿ = some trails designated as wheelchair accessible



- 26 Raven Rock State Park**
- 27 Singletary Lake State Park**
- 28 Turnbull Creek Educational State Forest**
- 29 Weymouth Woods Sandhills Nature Preserve**
- 30 White Pines Nature Preserve** <http://www.tlc-nc.org/> ● 275 acres ● 3 miles of trails.
- 31 Wilmington** UNC-W Arboretum <http://www.uncw.edu/ba/pplant/arboretum>
- 32 Greenfield Lake** <http://www.wilmingtonnc.gov/cityparks/tabid/239/Default.aspx>
- 32 Wrightsville Beach Trails** <http://www.visitwrightsville.com> ● 3.2 miles of trails; wheelchair-accessible.
- 33 Zeke's Island Coastal Reserve**

● HIKING and BIKING ●

- 34 American Tobacco Trail** <http://www.triangletrails.org/> ● Planned 22-mile rails-to-trails project.
- 35 Bass Lake Park** <http://www.hollyspringsnc.us/> ● 20 acres ● 1.25 miles of wheelchair-accessible trails.
- 36 Burlington Parks** <http://www.burlingtonnc.gov>
- 37 Cape Fear River Trail** <http://www.fcpr.us> ● 4-mile, wheelchair-accessible trail.
- 38 Cedarrock Park** <http://www.alamance-nc.com/> ● 414 acres ● 4 miles of nature trails and 1.5-mile bike trail; .5-mile wheelchair-accessible trail.
- 39 Chapel Hill Parks/Greenways** <http://chapelhillparks.org/> ● 11 miles of trails; some wheelchair-accessible.
- 40 Duke Forest** <http://www.env.duke.edu/forest/> ● 7,050 acres ● 30 miles of paved access roads.
- 41 Dunn-Erwin Trail** <http://www.harnett.org/health/physical-910.asp> ● 5.3-mile trail crosses South River.
- 42 Durham Greenway Trails** <http://www.bikewalkdurham.org/hiking/index.html> ● 14 miles of trails.
- 43 Fayetteville Parks** <http://www.fcpr.us/>
- 44 Greensboro Watershed Trails** <http://www.greensboro-nc.gov/> ● 36 miles of trails around city lakes

- 45 Guilford Courthouse Battlefield Trail** <http://guilfordcourthouse.areaparks.com/> ● 2.5-mile trail.
- 46 Hagan-Stone Park** <http://www.greensboro-nc.gov/> ● 3409 acres ● 38.7 miles of trails.
- 47 Halyburton Park**
- 48 Harris Lake Park**
- 49 High Point:**
 - ♿ Bicentennial Greenway <http://www.highpoint.org/parks.html> ● 9.5-mile trail; wheelchair-accessible.
 - Piedmont Environmental Center Preserve <http://www.piedmontenvironmental.com> ● 376 acres ● 20 miles of hiking trails.
- 50 Lake Reidsville** <http://reidsvillenc.accountsupport.com/lakereidsville.htm> ● Two .5-mile hiking trails, bikes allowed on one.
- 51 Oak Island Nature Center/ Southport Paths and Greenways** <http://www.southport-oakisland.com>
- 52 Pittsboro Jaycee Park Trail** <http://www.co.chatham.nc.us> ● 1-mile trail.
- 53 Rassier Wicker Park** <http://www.villageofpinehurst.org/> ● 103 acres ● .5-mile, wheelchair-accessible trail.
- 54 Reservoir Park/Southern Pines Greenways** <http://www.southernpines.net/> ● 13 miles of trails and greenways; wheelchair-accessible.
- 55 San-Lee Environmental Education and Recreation Park**